



CLASSIC

This week's plan for success:

Next appointment:

Total kg lost:

VEGETARIAN	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	SHOPPING LIST
BREAKFAST	Raspberry Cacao Crunch 1 dairy serve 1 English muffin 2 fat serves	Salted Maple & Cashew Granola 1 dairy serve 1 fruit serve	Hazelnut & Almond Cereal 1 dairy serve 1 fruit serve	Nut & Grain Chew 1 dairy serve 1 fruit serve	Cranberry & Vanilla Muesli 1 dairy serve 1 English muffin 1 fat serve 1 boiled/poached egg	Apple & Berry Brekkie Cup 1 dairy serve 1 fruit serve	Tomato & Basil Omelette 1 slice wholegrain toast 1 fat serve 1 dairy serve	Fruit 14 fruit serves
SNACK	1 dairy serve	1 dairy serve	1 dairy serve	1 dairy serve	1 dairy serve	1 dairy serve	1 dairy serve 1 fruit serve	Vegetables 20 cups salad 8 non-starchy vegetable serves
LUNCH	Moroccan Grain Salad 2 cups salad 1 fruit serve	Creamy Vegetable Soup 2 slices wholegrain bread 2 fat serves 1 meat alternative 2 cups salad	Pesto Pasta Salad 2 cups salad 1 boiled egg 1 fat serve	Vegetable Lasagne 2 cups salad 1 slice wholegrain bread 1 fat serve	Spinach & Fetta Roll 2 cups salad 1 fat serve 1 fruit serve	Bean & Cheese Burrito 2 cups salad 1 meat alternative 1 slice wholegrain bread 1 fat serve	Cheesy Baked Potato 2 cups salad 1/2 cup four bean mix 1 fat serve	Grain 2 English muffins 6 slices wholegrain bread
SNACK	1/2 dairy serve 1 fruit serve	1/2 dairy serve 1 fruit serve	1/2 dairy serve 1 fruit serve	1/2 dairy serve 1 fruit serve	1/2 dairy serve 1 fruit serve	1/2 dairy serve 1 fruit serve	1/2 dairy serve 1 fruit serve	Meat Alternatives 2 eggs 1 cup four bean mix 3 meat alternatives
DINNER	Ricotta & Pumpkin Ravioli 2 cups salad 1 meat alternative	Mexican-style Veggie Stack 2 cups salad 1 fat serve	Leek & Cheese Quiche 2 cups salad 2/3 cup four bean mix	Chunky Vegetable Soup 1 slice wholegrain bread 1 fat serve 2 vegetable serves	Macaroni & Cheese 2 vegetable serves	Vegetable Tikka Masala with Paneer Cheese 2 vegetable serves 1 fat serve	Pumpkin & Kale Risotto 2 vegetable serves 1 fat serve	Dairy 17 1/2 dairy serves
SNACK	Savoury Soy Snack	Choc Chip Bites	Salted Caramel Nut Bar	Apple & Rhubarb Crumble	Oregano & Thyme Crunchies	Sweet & Salty Popcorn	Melting Moment	Fat 15 fat serves
HYDRATION	Start _____ Stop _____	Start _____ Stop _____	Start _____ Stop _____	Start _____ Stop _____	Start _____ Stop _____	Start _____ Stop _____	Start _____ Stop _____	Refer to your Grocery Guide for information on Free Foods and Limited Free Foods
ACTIVITY								Resource Centre jennycraig.com.au/resources jennycraig.co.nz/resources
DAILY WEIGHT								Please direct comments to: Customer Care Australia P 1800 453 669 W jennycraig.com.au Customer Care New Zealand P 0800 555 123 W jennycraig.co.nz
DAILY SUPPLEMENT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	FM12aAUS-NZ-01/23

* All non-starchy vegetables are Free Foods * Thaw overnight



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VEGETARIAN	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	SHOPPING LIST
BREAKFAST	Roasted Hazelnut & Cinnamon Porridge 1/2 dairy serve 1 fruit serve	Oat & Apricot Bar 1 dairy serve 1 fruit serve	Banana Bread 1 dairy serve 1 fruit serve	Malty Grain 1 dairy serve 1 slice wholegrain toast 1 fat serve	Caramelised Onion Fritters 1 slice wholegrain toast 1 fat serve 1 dairy serve	Apple Cinnamon Oat Clusters 1 dairy serve 1 slice wholegrain toast 1 fat serve	Wholemeal Pancakes 1/2 dairy serve 1 fruit serve	Fruit 14 fruit serves
SNACK	1 dairy serve	1 dairy serve	1 dairy serve	1 dairy serve 1 fruit serve	1 dairy serve	1 dairy serve 1 fruit serve	1 dairy serve	Vegetables 22 cups salad 6 non-starchy vegetable serves
LUNCH	Spinach & Fetta Roll 2 cups salad 2/3 cup four bean mix 1 fat serve	Ricotta & Pumpkin Ravioli 2 cups salad 1 slice wholegrain bread 1 fat serve	Pumpkin Soup 2 slices wholegrain bread 2 fat serves 20g reduced fat cheese 2 cups salad	Roasted Veggie All Round 2 cups salad 1 meat alternative	Pesto Pasta Salad 2 cups salad 1 fruit serve	Vegetable Lasagne 2 cups salad 1 meat alternative	Moroccan Grain Salad 2 cups salad 20g reduced fat cheese 1 slice wholegrain bread 1 fat serve	Grain 8 slices wholegrain bread
SNACK	1 dairy serve 1 fruit serve	1/2 dairy serve 1 fruit serve	1/2 dairy serve 1 fruit serve	1/2 dairy serve 1 fruit serve	1/2 dairy serve 1 fruit serve	1/2 dairy serve 1 fruit serve	1 dairy serve 1 fruit serve	Meat Alternatives 2/3 cup four bean mix 4 meat alternatives 40g reduced fat cheese
DINNER	Gnocchi in Napoli Sauce 2 cups salad 1 fat serve	Vegetable Tikka Masala with Paneer Cheese 1 meat alternative 2 vegetable serves	Mexican-style Veggie Stack 2 cups salad 1 fat serve	Spinach & Ricotta Cannelloni 2 cups salad	Chunky Vegetable Soup 1 slice wholegrain bread 1 fat serve 2 vegetable serves	Pumpkin & Kale Risotto 2 vegetable serves	Vegetable Tortellini 2 cups salad 1 meat alternative	Dairy 17 1/2 dairy serves
SNACK	Chocolate Pudding	Nut & Cranberry Mix	Salsa Curls	Butterscotch Sundae	Melting Moment	White Chocolate Cranberry Cookie	Trio Spice Mix	Fat 11 fat serves
HYDRATION	Start _____ Stop _____	Start _____ Stop _____	Start _____ Stop _____	Start _____ Stop _____	Start _____ Stop _____	Start _____ Stop _____	Start _____ Stop _____	Refer to your Grocery Guide for information on Free Foods and Limited Free Foods
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DAILY WEIGHT								Please direct comments to: Customer Care Australia P 1800 453 669 W jennycraig.com.au Customer Care New Zealand P 0800 555 123 W jennycraig.co.nz
DAILY SUPPLEMENT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	FM12aAUS-NZ-01/23

* All non-starchy vegetables are Free Foods Use dairy serve allocated on this day to prepare, as per pack instructions Thaw overnight